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Pectoralis Major Repair & Subscapularis Tendon Repair Protocol

Patient: _____

Date of Surgery: _____

Weeks 0-4:

- Sling for 4-5 weeks
- Pendulum exercise start POD #3
- POD #1- elbow and wrist range of motion, grip strengthening, elbow ROM, wrist ROM
- No resistance
- Passive glenohumeral flexion to 90 degrees, abduction to 30-40 degrees, ERside to 20 degrees
- Light scapular stabilization work about week 2 (start)
- GOAL: Avoid IR/Adduction and ERside/Abduction for 4-6 weeks minimum (except as guidelines above)

Weeks 4-6:

- Increase ROM to Flexion 150, Abduction to 90, ERside to 40
- More scapular stabilizing work
- Avoid stressing pectoralis major repair (IR and Adduction across body)

Weeks 6-12:

- Work on Full ROM. Advance as tolerated.
- Isometrics can begin at 6 weeks
- Light resistive exercises

12 Weeks to 6 Months:

- Terminal ROM
- More strength training, start more lifting about 4 months.
- No bench press until 6 months.
- No unweighted pushups until 6 months
- 6 months: Return to full activities/duties.

Comments: